

# Sleep Habits



## Importance of Sleep

Good sleep is important for children and teens to have enough energy and feel their best. When children and teens do not sleep well or get enough sleep, it can affect their behavior and mood.



## How to Support Your Child



Some children and teens who have trouble sleeping may need **extra help**, like Cognitive Behavioral Therapy for Insomnia or other treatments. **Talk to your child's doctor** if you have concerns about your child's sleep.



Create a **bedtime routine**. Do the same things each night to get ready for sleep.



Make a **schedule** for regular bedtimes and wake times.



**Turn off screens** at least 1 hour before bed. Noisy, exciting videos make it hard to fall asleep.



Make the bedroom a **calm, cool, and dark environment**. Nightlights are okay.



Use the bed **just for sleeping**. **Avoid naps** after school, or keep them short.



**Relaxing activities**, like deep breathing, can help children and teens relax to fall asleep.



Avoid **caffeinated sodas, coffee, and tea**, especially in the afternoon or evening.



If your child's sleep cycle is already very off (like staying up all night), **adjust their schedule gradually**.



## Need Help?

If your family needs more help, talk to your doctor.

If your family needs a mental health provider, call the phone number on the back of your child's insurance card. Ask for a list of covered mental health providers in your area, or search for providers on your insurance website.

Scan below or [click here](#) for more information about how to find a mental health provider and how to get help in a crisis.



Pediatric **Health** Network

 **Children's National.**